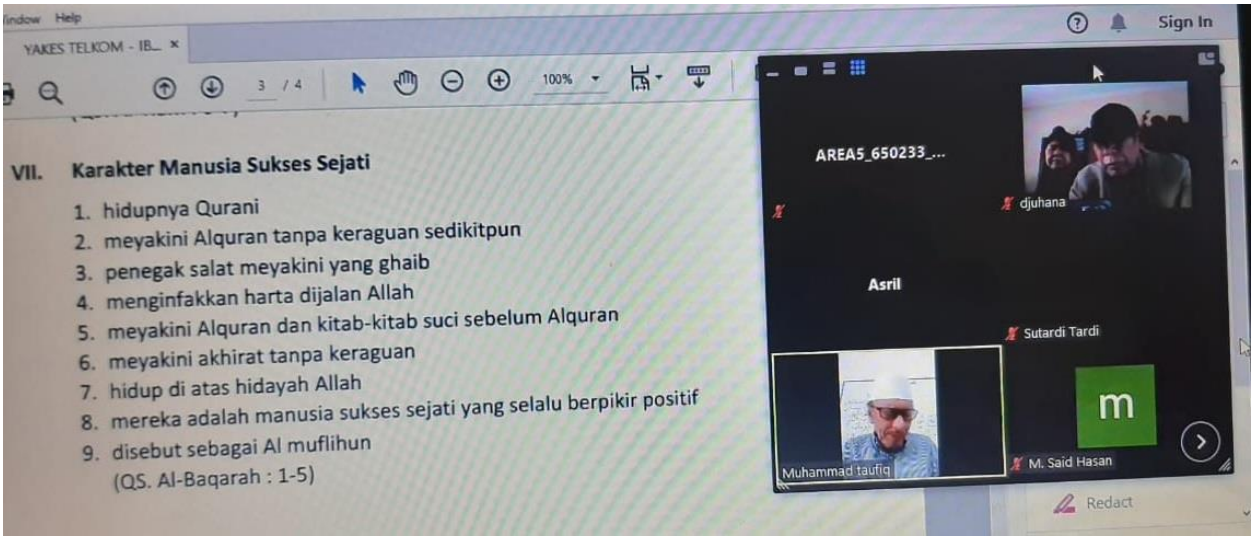Webinar Positive Thinking & Dampaknya Terhadap Kesehatan Jiwa Dan Raga